

Serving Sizes

Use familiar objects to judge a single serving size.

½ cup vegetable
½ cup cooked pasta
½ cup of beans
1 small baked potato

Computer mouse



1 medium piece of fruit

Tennis ball



1 cup of raw vegetables
1 cup dry cereal
1 cup of lowfat yogurt or milk

Baseball or your fist



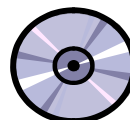
1 small bagel

Hockey puck



1 small (4-4 ½ inch) pancake

CD



2 ounces of cheese

Pair of dice



2-3 ounces of meat, poultry or fish

Deck of cards or the palm of your hand

